



4 large fillets - or 8 small ones

1 medium white onion, cut into medium rings

1 large tomato, sliced

4 sprigs parsley

1 lemon - zest half of it and then juice it

Mayonnaise

Salt, Pepper and Garlic Powder

Aluminum Foil

Rinse and pat dry the fish well. Drizzle on side with some lemon juice. Season the same side lightly with garlic powder, salt and pepper. Using a spatula apply a very thin layer of mayonnaise.

Cut a piece of foil that is large enough to hold the fish in the middle and be tented and sealed. Don't be stingy. Better too much than not enough. In the middle of your foil place the sliced onions. Layer the tomatoes on top. Season lightly with salt and pepper. Place the fish on top of the vegetables, seasoned side down. Repeat the same seasoning process as before being careful not to destroy your stack. Sprinkle the fish with lemon zest and place a parsley sprig on each piece of fish.

Grab the ends of your foil and tent the fish. Seal all the edges very well. Place your fish in a medium heated grill.

Cover and cook for 10 minutes. Or, place in an oven at 375 degrees and cook for 10 minutes. Remove from the grill, or oven, and VERY carefully unwrap the foil - watch out not to burn yourself!

Discard the parsley and serve using a spatula. Enjoy!

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